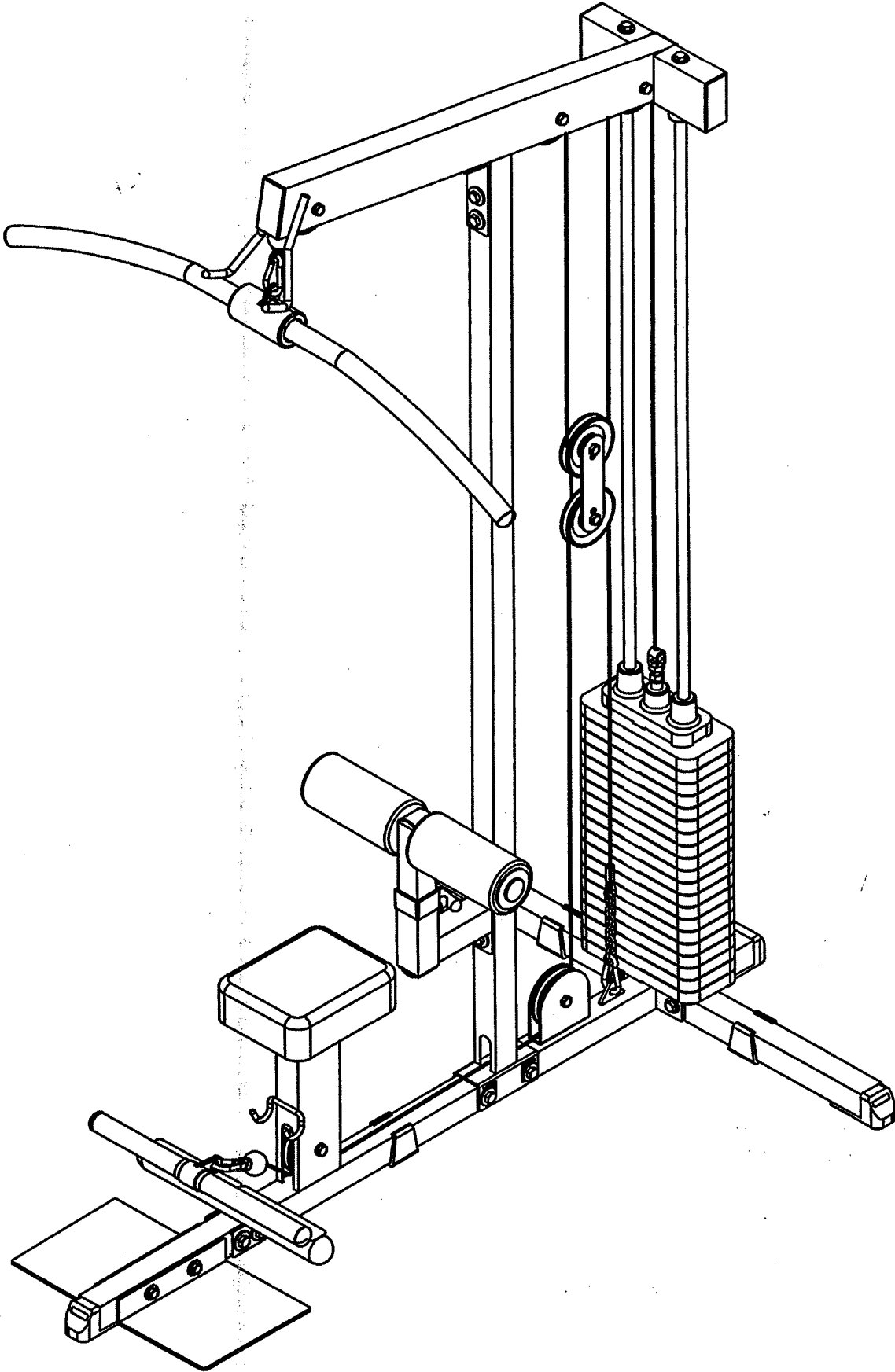


GLM-84

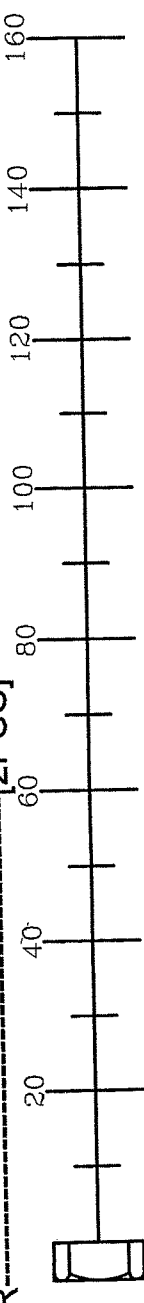
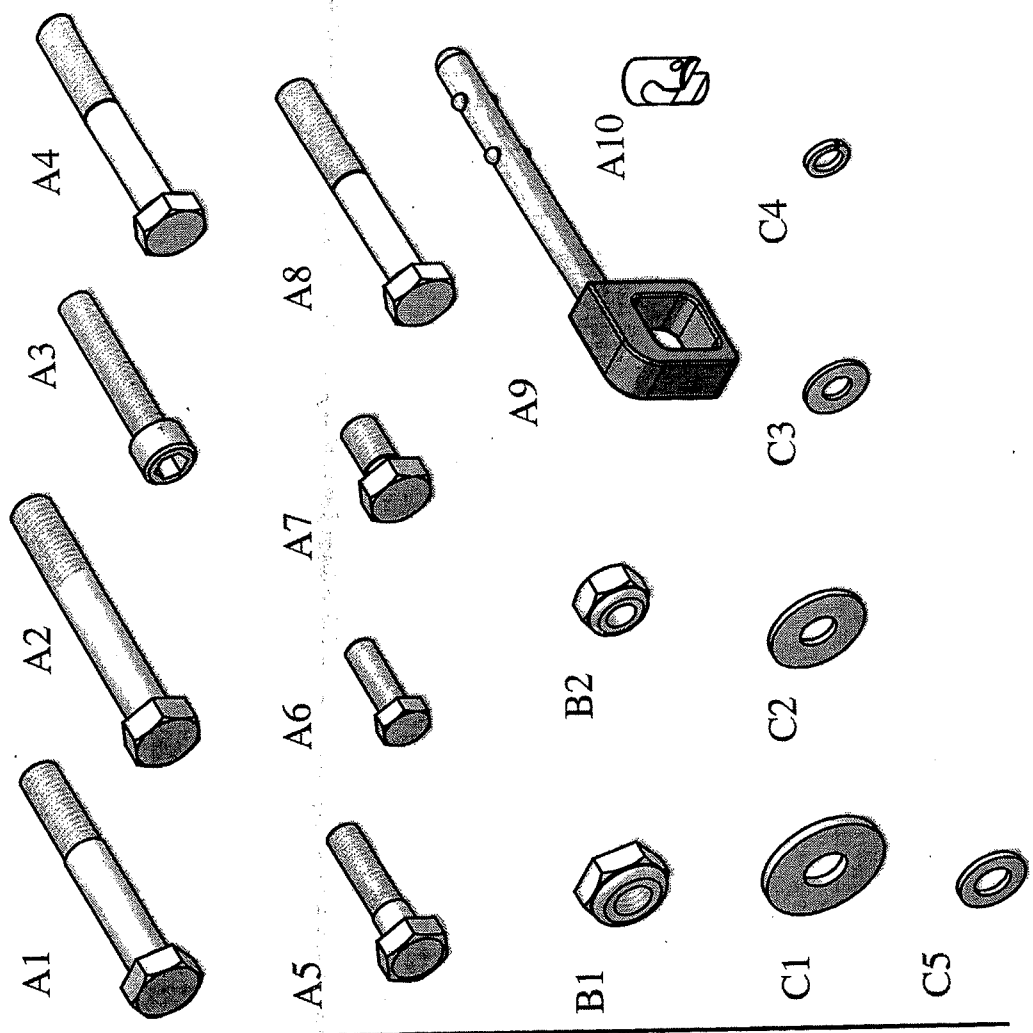


VERSION 0702

GLM-84

HARDWARE ILLUSTRATION SHEET

	Qty.
A1.M12X75 HEX HEAD BOLT	[4PCS]
A2.M12X80 HEX HEAD BOLT	[4PCS]
A3.3/8"X2" ROUND INNER HEX SCREW	[1PCS]
A4.M10X70 HEX HEAD BOLT	[6PCS]
A5.M10X40 HEX HEAD BOLT	[3PCS]
A6.M8X25 HEX HEAD BOLT	[4PCS]
A7.M10X20 HEX HEAD BOLT	[2PCS]
A8.M10X75L HEX HEAD BOLT	[2PCS]
A9.BALL PIN (8250019)	[1PCS]
A10.FIRM SHEATH(8890-010)	[1PCS]
B1.M12 NYLON LOCK NUT	[8PCS]
B2.M10 NYLON LOCK NUT	[11PCS]
C1.M12 WASHER	[16PCS]
C2.M10 WASHER	[8PCS]
C3.M8 WASHER	[4PCS]
C4.M8 SPRING WASHER	[4PCS]
C5.M10xØ19 WASHER	[2PCS]



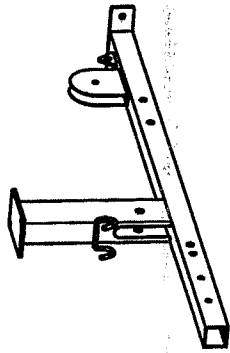
GLM-84 HARDWARE ILLUSTRATION SHEET

Qty.	D1	D2	D3	D4	D5	D6
[3PCS]						
[4PCS]						
[2PCS]						
[2PCS]						
[4PCS]						
[2PCS]						
[1PCS]						
[2PCS]						
[8PCS]						
[7PCS]						
[3PCS]						
[2PCS]						
[1PCS]						
[1PCS]						
[2PCS]						
[2PCS]						
[1PCS]						
[1PCS]						
[2PCS]						
[2PCS]						
[1PCS]						
[1PCS]						

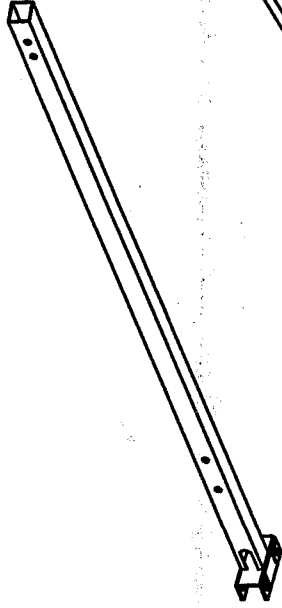
GLM-84

PARTS ILLUSTRATION SHEET

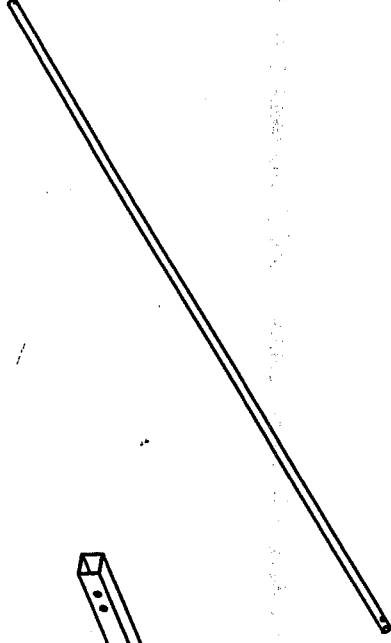
A [1PCS]



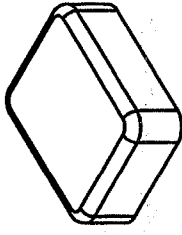
C [1PCS]



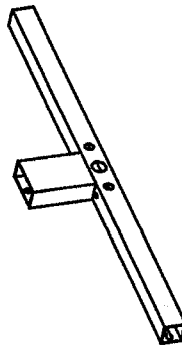
F [2PCS]



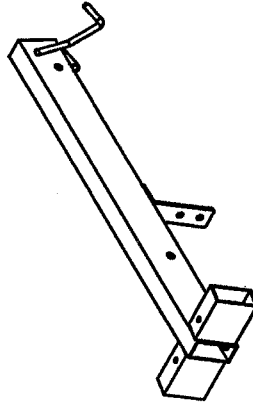
N [1PCS]



B [1PCS]



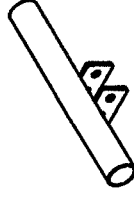
D [1PCS]



E [1PCS]



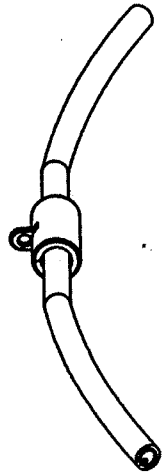
G [1PCS]



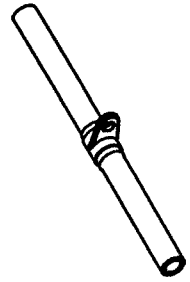
H [2PCS]



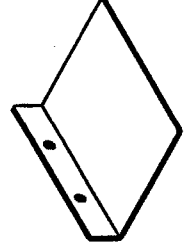
I [1PCS]



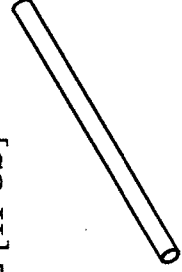
J [1PCS]



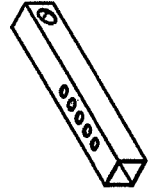
K [2PCS]



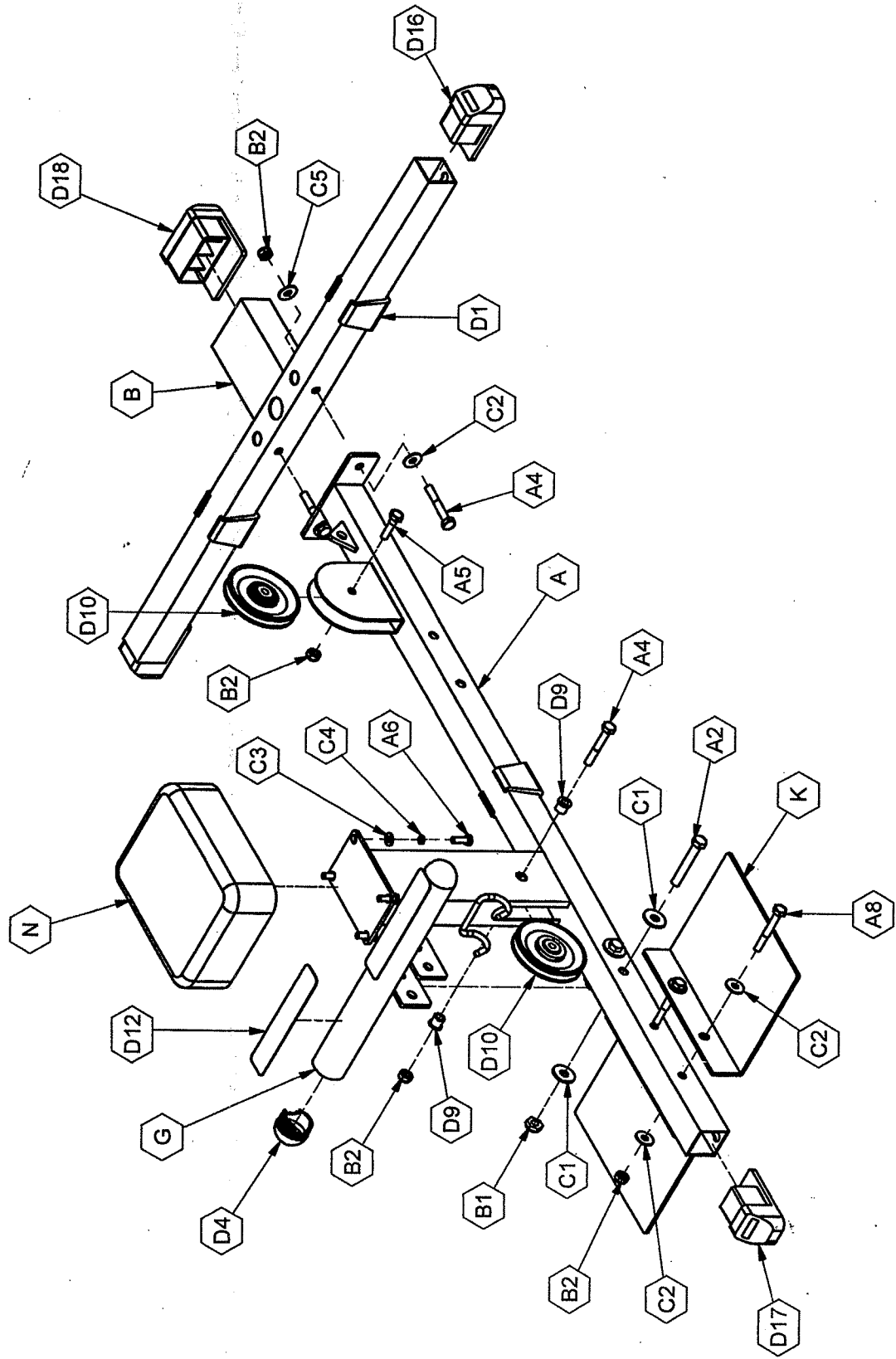
L [1PCS]

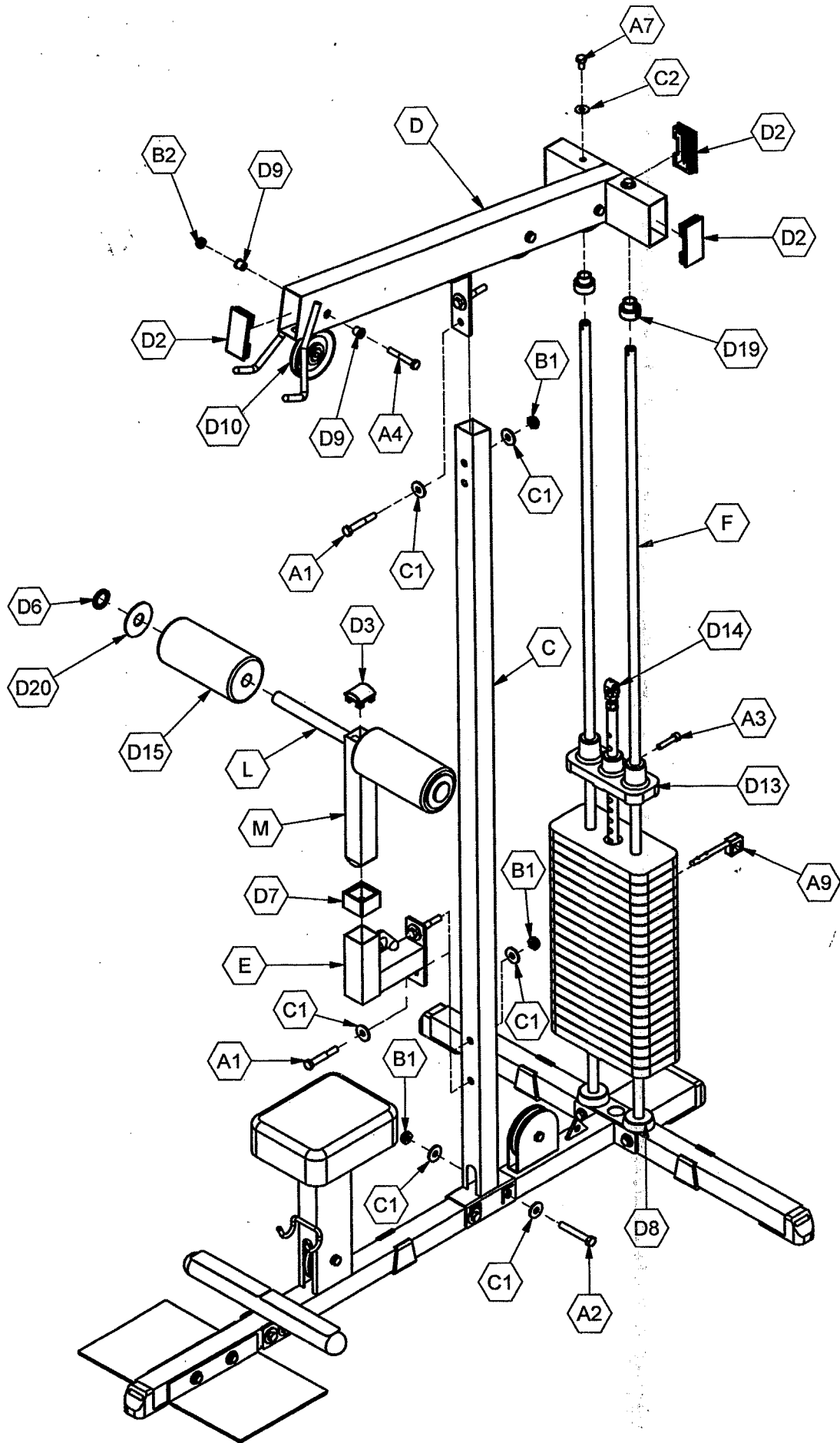


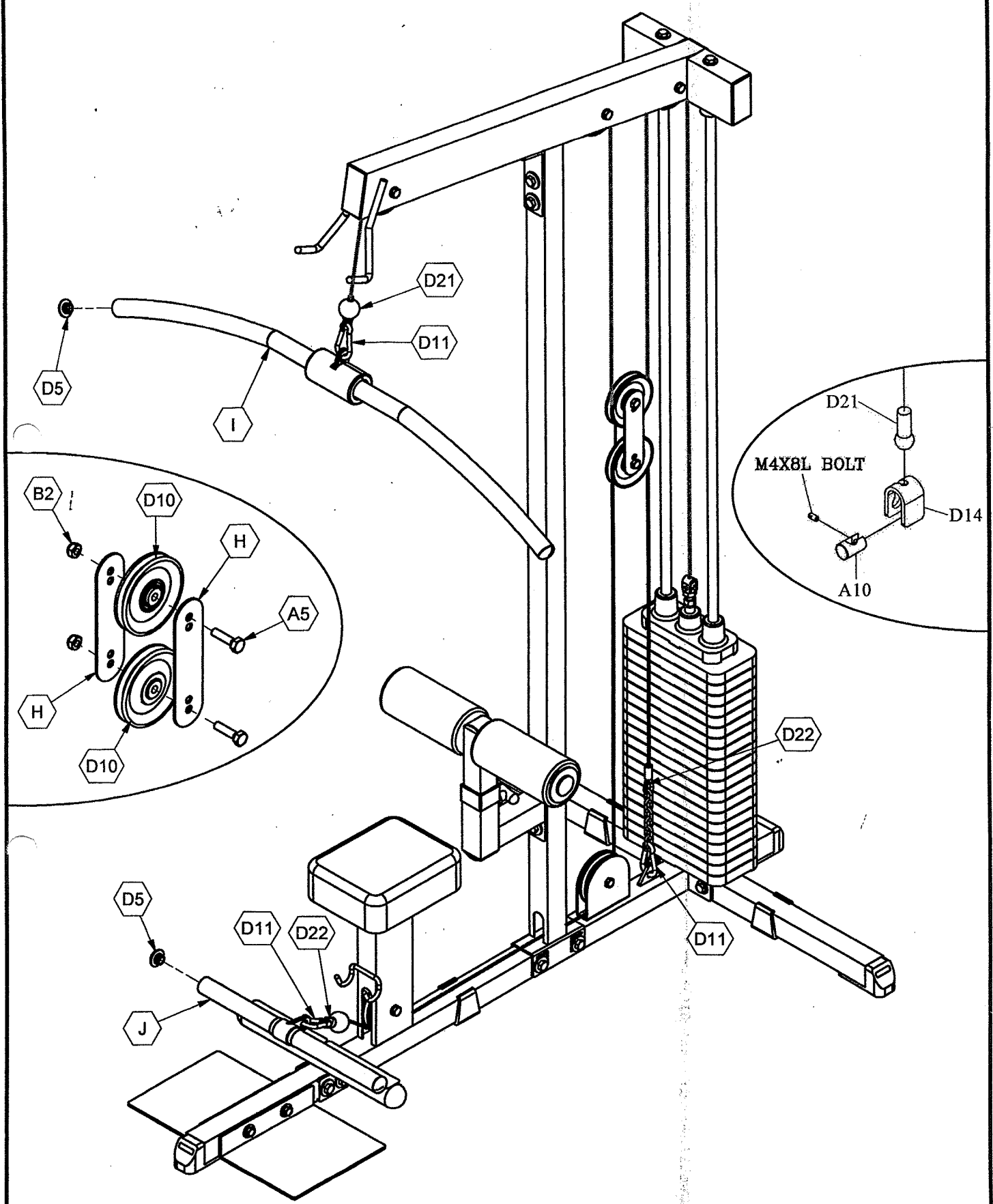
M [1PCS]



GLM-84







THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RAL2-11-96